



National Park Service
U.S. Department of the Interior

Cuyahoga Valley
National Park

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Cuyahoga Valley National Park News Release

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Get Up, Get Out and Go! To Your National Park This Summer *Free Activities Offered in Akron*


Brecksville, Ohio – Get Up, Get Out and Go! is a summer campaign offering FREE outdoor recreational activities and music for kids, 11 to 14 years old and their families, along the Ohio & Erie Canal Towpath Trail. The kick-off event on Tuesday June 23 begins on the Cuyahoga Valley Scenic Railroad with a ride beginning at the Akron Northside Station. Bring your family out for a FREE ride through Cuyahoga Valley National Park (CVNP) to learn more about the programs offered Tuesday and Thursday evenings throughout the summer.

Starting Tuesday June 23 and continuing through Thursday July 21, each Tuesday and Thursday evenings from 7 to 9 p.m., experience night bike rides and hikes, field games, fishing, a Ghost Walk, and more! Reservations are suggested by calling (440) 343-7035.

Program locations are as follows:

- June 23: Akron Northside Station, 27 Ridge Street, Akron 44304
- June 25: Big Bend Area, Sand Run Metro Park, 1337 Merriman Road, Akron 44313
- June 30: Boston Store Visitor Center, 1550 Boston Mills Road, Peninsula 44264
- July 2: Firestone Metro Park, Little Turtle Pond, 2400 Harrington Road, Akron 44319
- July 7: Summit Lake Community Center, 380 West Crosier Street, Akron 44311
- July 9: Treaty Line Area, Sand Run Metro Park, 995 Treaty Line Road, Akron 44313
- July 14: F.A. Seiberling Nature Realm, 1828 Smith Road, Akron 44313
- July 16: Boston Store Visitor Center, 1550 Boston Mills Road, Peninsula 44264
- July 21: Big Bend Area Sand Run Metro Park, 1337 Merriman Road, Akron 44313

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End your summer with an afternoon of great activities featuring food, outdoor recreation opportunities, challenge courses, games, and tie-dying followed by a concert with music by HeartBEAT Afrika, on Wednesday, July 22 at Howe Meadow in CVNP. Pre-concert activities will be ongoing from 5:30 to 6:30 p.m. Concert will follow from 6:30 to 8:30 p.m. Howe Meadow is located at 4040 Riverview Road, Peninsula Ohio, 44264.

Get Up, Get Out and Go! is sponsored by CVNP, The Conservancy for Cuyahoga Valley National Park, The Sisters of Charity Foundation of Cleveland and The Cleveland Clinic. Campaign partners include the following organizations: Summit Metro Parks, Cleveland Metroparks, Slavic Village Development, YWCA of Greater Cleveland, Akron Public Schools, and the Akron Recreation Bureau.

For more information and registration information, call (440) 343-7035.

CVNP encompasses 33,000 acres along the Cuyahoga River between Cleveland and Akron. Managed by the National Park Service, CVNP combines cultural, historical, recreational, and natural activities in one setting. For more information about the park, visit www.nps.gov/cuva/ or www.dayinthevalley.com/ or call (330) 657-2752 or (800) 445-9667.

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